

INVERNESS GYMNASTICS CLUB

CODE OF CONDUCT: GYMNASTS

- Gymnasts are required to train in suitable attire: no baggy clothing, no jewellery and long hair to be tied back.
- All gymnasts should be changed and ready to start training at the start of a session, coaches should be informed if you are running late.
- Gymnasts must not use their mobile phone whilst training. If they wish to record a skill, they must get permission from their coach to do so at an agreed time. Gymnasts using phones without permission may be sent home.
- Gymnasts must not train on any equipment (including the floor) without the permission and supervision of a coach.
- Gymnasts are expected to inform coaches of any injury or illness that may affect their training.
- Gymnasts are not allowed to leave the training hall or competition arena without permission from their coach.
- All primary school gymnasts must be signed out at the end of the session by a responsible adult or guardian.
- IGC will not tolerate bullying or behavior or language that has a negative effect on other gymnasts or club members.
- All gymnasts are expected to be encouraging and supportive towards each other and gymnasts from other club both in training and in competition.
- Gymnasts must show respect and for the coaches and volunteers within the club and other clubs at all times.

CODE OF CONDUCT: PARENTS

- IGC will adopt a duty of care from the point at which a gymnast (under 18) enters the hall for their class, at their class start time. Parents should avoid dropping children off without checking that a coach is present.
- A parent or guardian must sign out all primary school gymnasts at the end of every session. The club also requires signed consent for any secondary school gymnast under 16 to leave on their own accord – walking, cycling home etc.
- Where IGC encourages parents to learn about their child's progress and involvement in the sport, all parents should respect the coach's decisions, understanding that they are taken in the best interest of the gymnasts and the club.
- Parents / guardians are welcome to raise any questions or concerns with the lead coaches or club committee and should do so in a respectful manner.
- Parents / guardians are expected to assist the operations of the club where possible. A set up rota is in place on a Monday night and parents be aware of which dates they are down for. For all other sessions where there is no equipment rota, assistance in set up and take down is gratefully appreciated.
- Parents / guardians are expected to keep up to date with the payment of fees, trips, kit or other associated costs.
- Like gymnasts, parents are expected to be encouraging and positive in their interaction with or about the club, its gymnasts, coaches and other members.

Our code of conduct exists to support the development and operation of the club, and to create a safe, positive and encouraging environment for its members. Where it is felt that a member of the club fails to meet these standards, the safeguarding officer and / or other appropriate committee members or coaches may consider sanctions or review an individual's membership status.